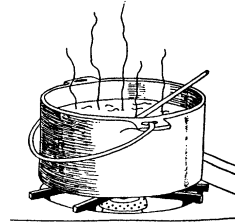


# SIMPLE SOUPS\*



## Tomato Hamburger Soup Makes 6 cups

1 lb. ground beef or 2 cups canned beef	3 cups water
1/2 cup chopped onion	1 can tomatoes
1 cup chopped celery	1 can tomato soup
1 cup rolled oats	

Brown meat; drain. Add and sauté onion and celery. Add the rest of the ingredients and simmer about 15 minutes to blend flavors.

NUTRITION FACTS (per cup) - Calories 280 ~ fat 15 g ~ calories from fat 130 ~ sodium 350 mg ~ total carbohydrate 19 g ~ fiber 2 g

## Dieter's Delight Soup Makes 8 cups

1 large onion	3 cups water
3 or 4 carrots	6 bouillon cubes
1/2 head cabbage	1 Tbsp. Worcestershire sauce
1 can (46 oz.) tomato juice	Pepper to taste

Peel, cut and chop vegetable ingredients. Place all ingredients in kettle and simmer for one hour.

NUTRITION FACTS (per cup) - Calories 100 ~ fat 1 g ~ calories from fat 5 ~ sodium 780 mg ~ total carbohydrate 22 g ~ fiber 2 g

## Spinach (Broccoli) Noodle Soup Makes 8 cups

3 cups water	3 cups water
3 chicken bouillon cubes	1 cup nonfat dry milk
1 cup pasta or noodles	2 cups shredded low fat American cheese
2 cups spinach, drained, chopped*	

Bring water and bouillon cubes to a boil. Add pasta and cook 3 minutes. Add Spinach or broccoli and cook 4 minutes. Add water, dry milk and cheese and heat until cheese melts.

\*10 oz. pack of broccoli cuts can be substituted for spinach.

NUTRITION FACTS (per cup) - Calories 150 ~ fat 2.5 g ~ calories from fat 20 ~ sodium 650 mg ~ total carbohydrate 18 g ~ fiber 1 g

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Recipe from "1999 Commodity Cookbook", North Dakota's Expanded Food & Nutrition Education Program